Ensuing Garbhni & Rajasvala Paricharya Engender’s to Healthy Posterity

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**ABSTRACT**

Garbhini paricharya can be correlated with Ante-natal care. The Term Garbhini means a woman presenting with Garbha and Paricharya refers to the caring in all aspect. The process of Garbhini paricharya begins with the very first day of Conception and the Healthy Conception starts from proper fallow up of Rajasvala Paricharya, it refers to the process followed during Menstrual Phase. In the process of Garbhini Paricharya, it is supposed to be made sure that, the expecting women should be facilitated with proper- Ahar (Dietics), Vihar (Fashion of living), Vichar (Thought process). As any of small action-thought-food during Pregnancy will Ultimately affect the fetus health, therefore, it makes, important to think of these three pillars during Pregnancy; therefore, Acharya Charaka has compared Garbhini to a pot filled with oil, as a small motion in a pot will lead to spillage of oil, the same is in the Garbhashaya (womb), which may even lead to Garbhapata (Abortion). In order to get Anupghata (Uncomplicated Pregnancy), Sukhprasava (Pregnancy for normal and delivery of newborn, even desired baby), Acharyas have recommended Month wise Dietary Regimen of Pregnant Women and a list of Protocol to be fallowed for Antenatal care.

**INTRODUCTION**

Ancient Treatise has described the (Garbhini paricharya) Pregnant Woman Regimen and Rajasvala Paricharya and its clinical utility for Securing Healthy Progeny. (Purusha) human is born and grows from Ahara Rasa, so Ahara Rasa should be maintained healthy. The diet of pregnant women should be at most priority, the food consumed by expecting women will nourish the mother own body, including her breast milk formation and also will nourish the fetus and its growth. Rutumati Charya leads to Purificatory Procedure which prepares the Women for a Healthy Conception.

Rutuchakra (Gaikwad and Kuwar, 2017) can be divide into 3 Kaal:

1. Rajasrava Kaal (3-5/7 days)
2. Rutukala (12/16 days)
3. Rutuvyateeta Kaal (9-13days)

Effects over baby due to of continuing sexual act during menstrual phase (Gaikwad and Kuwar, 2017) (Shown in) Table 1. Conception in Rutu Vyateeta Kaal Won’t get Successful, as Cervix will be closed and sperm penetration will get difficult, just same as Ambuja roles up to shrinkage after Suryastha. Acharya Bhavmishra has mentioned Stree Dharma location for Menstrual Outflow which is in an around every Month. Hence the Rutuchakra is Dharma, i.e. it is nature of...
stree, which is Prime Factor for Conception. As Conception depends on Factors called (Hadimani and Mallikarjun, 2018) Ritu, Kshetra, Ambu, Beeja, Atma. Rutu kaala and Maanasika Swasthya of a male and female couple during Conception and mother during Pregnancy, Pathya Ahara Vihar of a mother during pregnancy is to be taken in Consideration. Proper Garbhini Paricharya and Rajasvala Paricharya, Yoga Asana, Pranayama, Dhanya, Dharana, Vyayama are all helpful to have a High Brow Progeny (Shreshta Garbha). Practising Yogaasana (Kulkarni and Wartha, 2018) like Pada-hastasana, Viparita Karini, Sarvanga, Kosasana, Setubandha, Halasana, Shalabhasana, Vyaghrasana, Utthitahasta padaangusthasana, Janu shirshansana, Bhujangasana are exceptionally well for Reproductive System. Pranayam like Anuloma-vioma, Bhramari, Ujjayi, Yoni-Mudras, Merudanda, Apana, Jnyana, Akasha mudras.

Advantages of Garbhini Paricharya

1. Movement of Apana Vayu in its Expected Direction, i.e. in Downward Direction (Vata-anuloman, Kriya).
2. Satisfying Expulsion of Urine and Feces (Mutra and Purisha).
3. Softening of pelvis, waist, sides of the chest and back.
4. Maintaining strength (Bala) and complexion (Varna).

Garbhini paricharya

The monthly regimen has broadly, 3 Classifications:

1. Masanumasik Pathya (Month wise dietary regimen)
2. Garbhopaghatkar Bhayas (modes which are harmful to the fetus)

Consumed diet by pregnant women results in the formation of rasa, which ultimately performs three functions:

1. Nourishment of the women's body.
2. Formation of Milk.

First Trimester

Highly energetic food is to be consumed during the first trimester, as it leads to a process called Embryogenesis, which needs more healthy and nourished diet. Therefore krusara, payasa, ghrita kshira, kshira medicated with Madhura Aushadhi are recommended. During the First Trimester of Pregnancy Vomiting, Nausea, are the symptoms commonly found during Pregnancy due to which mother is not capable enough to take proper diet due to which she lands into dehydration and deficiency of Nutrients, and to overcome such conditions it is advised to have cold-sweet liquid diet and milk. Madhura dravya reposed with Anabolic Property, will help out in attaining proper health of both, mother and Fetus (Kulkarni and Wartha, 2018).

Second Trimester

In the Second Trimester, as their muscular tissue growth of the fetus, it requires a sufficient amount of protein, which is found in meat, milk, cheese, Butter etc. Milk intake will lead to proper nourishment and stability of fetus. The meat will provide nourishment to the fetus and muscular growth of the fetus. It is recommended to have Cooked Sashti Shali in Garbhavastha, as it contains Carbohydrate and provides energy to the body. It is observed that women suffer with edema over feet and other complications of water retention by the end of the Second Trimester.

Third Trimester

Pruthakparnyadi Gana Dravya Siddha Ghurta possesses Diuretic, Anabolic, Pitta-Kaphghna, subdue with Emaciating Property, which is ultimately helpful in maintaining mother's health. Consumption of Yavagu during Eight Month of Pregnancy leads to Bala and Brimhana (Equip Nourishment) of mother and fetus. It is found that most of the women endure with constipation in late Pregnancy, therefore it is asked, of administrating Asthapana Basti during Eight Month of Pregnancy which is best for Vatunlomana, as Apana Vayu Signifies its role of Contraction and Relaxation of Uterus and also in Expulsion of Fetus. During Prasavakaal, the Vyana Vayu gets stimulous of Contraction and Relaxation in the Uterine Muscles. Therefore, Apana Vayu does expulsion of Garbha from Garbhashaya, besides that, it may give good results over Autonomous Nervous System, Governing Myometrium and is also helpful in regulating the function during Labour. Tampon smeared with oil results in proper lubrication of Cervix, Vaginal Canal and perineum thus helps in normal labour;
Table 1: Dietary Regimen for Garbhini according to different Acharyas

<table>
<thead>
<tr>
<th>Month</th>
<th>Charaka</th>
<th>Sushruta</th>
<th>Ashtanga Sangraha</th>
</tr>
</thead>
</table>
| 1st Month | 1. Non medicated Milk according to Agni and Shareer Bala.  
2. Ghruta medicated with Shalparni.  
3. Sweet, cold, Liquid diet.  
4. Massage and Rubbing should be avoided. |
| 2nd Month | Milk medicated with Madhura Dravya | Milk medicated with Madhura Dravya | Milk Medicated with Madhura Dravya |
| 3rd Month | Milk medicated with Honey and Ghruta | Shashti shali with milk | Milk medicated with honey and ghruta |
| 4th Month | Milk with Butter (Quantity -1Aksha) | 1. Shashti shali cooked with curd.  
3. Meat of wild animals. | Milk with 1Aksha Butter |
| 5th Month | Ghruta prepared with Butter extracted from milk. | 1. Medicated cooked rice  
2. Meat of wild animals.  
3. (Hrudya annapana) Favourite food. | Ghruta |
| 6th Month | Milk or Ghruta Medicated With Madhura Dravya | Ghruta medicated with Shwadanshtra and Yavagu. | Milk and Ghruta Medicated With Madhura Dravya. |
| 7th Month | Milk or Ghruta Medicated With Madhura Dravya | Ghruta medicated with Pruthakparni. Dalhan- Vidarigandhadi. | Milk and Ghruta Medicated With Madhura Dravya. |
| 8th Month | Rice Gruel Prepared with Milk mixed with Ghruta. | 1. Asthapan Basti with Badaradi Kwath.  
2. Asthapan Basti of Badaradi Decoction.  
3. Anuvasan Basti with oil medicated with milk and Madhura Dravya.  
4. Snigdha Yavagu and meat of wild animals till delivery. |
| 9th Month | Anuvasan Basti with oil medicated by Madhura Dravya.  
2.Yonipichu of medicated Oil (Vaginal Tampon) | 1. Asthapan Basti with Badaradi Kwatha.  
Table 2: Practising Sexual Activity during Menstrual phase leads to a certain effect (as shown in the table below) on Baby

<table>
<thead>
<tr>
<th>Menstruation</th>
<th>Effect on the Baby</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Day</td>
<td>No, Pregnancy/Intrauterine Death</td>
</tr>
<tr>
<td>Second Day</td>
<td>Abortion /Stillbirth</td>
</tr>
<tr>
<td>Third-Day</td>
<td>Defective Body Part and Short Life</td>
</tr>
<tr>
<td>Fourth Day</td>
<td>Normal and Healthy life</td>
</tr>
</tbody>
</table>

Table 3: Garbhopaghatkara Bhavas (Activities and Substances which are harmful to the fetus)

<table>
<thead>
<tr>
<th>Brihatreyee</th>
<th>Garbhopaghatkara Bhavas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acharya Charak</td>
<td>Pungent Drugs, Exercise, Coitus</td>
</tr>
<tr>
<td>Acharya Sushruta</td>
<td>Coitus, Exercise, Excessive Emaciation, Sleeping in Day time, Awaked at night, Riding over Vehicle, Greif -Anger, Squatting, Oleation therapy, Bloodletting, Holding of Natural Urges.</td>
</tr>
<tr>
<td>Ashtanga Sangraha</td>
<td>Coitus, Exercise, Excessive Emaciation, Sleeping in Day time, Awaked at night, Riding over Vehicle, Greif -Anger, Squatting, Oleation therapy, Bloodletting, Holding of Natural Urges, Pungent drugs, Indigestion, prolong stay under a hot sun and near fire etc.</td>
</tr>
<tr>
<td>Ashtanga Hrudaya</td>
<td>Coitus, Exercise, Greif -Anger, Bloodletting, Squatting, Holding of Natural Urges, Fasting, Usage of Red Garments, Usage of Wine and Meat, Usage of Spicy Food etc.</td>
</tr>
<tr>
<td>Acharya Kashyap</td>
<td>Excessive Laughing, Steering at Sunset also Solar or Lunar Eclipse, Fool around the guest and elders.</td>
</tr>
</tbody>
</table>

these would destroy bacteria over the vaginal canal and gets rid with Puerperal Sepsis, and even regular use of tampons may influence Autonomic Fibers Governing Myometrium and regulating its Function. Milk and Madhura Gana (group) Dravya are well-considered for entire Pregnancy Span, as it is a complete food and group dravya will help in maintaining proper health of Mother and Growth of Fetus, in between, Grabhopaghatkara Bhavas are been mentioned in Table 2, to through the light on things harmful for Garbhini (Pregnant Women).

OBSERVATION
Ahara mentioned (Table 1) shall be taken as a daily regimen for having a healthy progeny and also to attain proper health of the mother after Pregnancy.
Garbhasthapaka Drugs According to Acharya Charaka and Mode of its Action

1. Aindri (*Centella Asiatica*)
2. Amogha (*Steriospermum Suaveolens*)
3. Arista (*Picrorrhiza Kurroa*)
4. Avyatha (*Tinospora Cordifolia*)
5. Bramhi (*Bacopa Monnieri*)
6. Sahasravirya (*Cynodon dactylon*)
7. Shiva (*Terminalia Chebula*)
8. Satavirya (*Asparagus Recemosas*)
9. Vatyapuspi (*Sida Cordifolia*)
10. Viswaksenkanta (*Callycarpa Macrophylla*) (*Hadimani and Mallikarjun, 2018*)

MATERIALS AND METHODS

Materials

Literature: - Brihatreyee, all available Ayurvedic Classics, Modern available texts, Magazines, Journals and Research Papers.

Methods

To Review the Masanumasik Paricharya (*Deka and Khakhlary, 2017*) (Table 3) Mentioned Classical Texts been cited in Observations been conducted.
DISCUSSION

As per the 1. Masanumasik Pathya (Month wise dietary regimen) 2. Garbhpaghatkar Bhayas (modes which are harmful to the fetus) 3. Garbhashapak Dravyas (Things beneficial for maintaining Pregnancy), also should take a point in considering the proper follow-up of Rajasvala Paricharya, it is important to follow to have a healthy product of Conception. We have gone through the Proto-col in Pregnancy, and the similar thing is with modern medicine also, it mentions Diet rich with Vit-E & B6 & Omega 3 & 9, Cereals, Millets, Nuts, Avocado, Apple, Cucumber Seed (Kulkarni and Wartha, 2018) is required. Diet to prevent Anemia (Garb- hini Pandu), Personal Hygiene, Rest, And Sleep, Yogasana, Pranayam, Drugs Prohibited and Coitus etc., is described. So, the concept presented by our Acharyas with Scientific Approach of Dietetics and life Style in Pregnancy, by creating of second thought over the complication in Pregnancy and its treatment are aptly logical with the concepts.

CONCLUSION

The diets and regimen which are described thousands of years ago in classical texts of Ayurveda for Rutumati, which ultimately affects over Garbhini Paricharya as well is totally scientific and are specific to fetus and mother’s health. Rajasvala paricharya aims over menstrual cycle devoid of complications and also, for maintaining the health of female for further Healthy Product of Conception Whereas, Garb- hini paricharya aims with the formation of the fetus, a secure full-term delivery, its development without fetal anomalies, and maintenance of the health of the fetus. The concept of prenatal care is now highlighted in modern science, which is mentioned in Ayurveda thousands of years back, Proper Follow-up of Garbhnini Paricharya will make women health and delivers the healthy child, energy, voice.

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Conflict of Interest

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